

Description of Fit2Live Onsite Fitness Classes

Pilates

- Medium intensity exercises
- Improve balance, poise, stability and flexibility
- Relieve pain, stiffness and tension
- stretch and lengthen the muscles to become firmer and stronger without building bulk or putting undue strain on joints (e.g., lower back)
- Burn calories and work muscles that are usually neglected

Boot Camp (40 minutes, 2 days a week, 6 weeks)

- build cardio endurance, strength, agility, balance and flexibility
- Burn fat and build lean muscle weight
- Become physically and mentally stronger and more confident
- medium to high intensity calisthenics and cardio

Zumba® (40 minutes, 2 days a week, 4 weeks)

- medium to high intensity cardio
- Dance aerobics set to a Latin beat for a fun workout
- complete body workout with major impacts on the core and thigh areas
- Burn calories and work muscles that are usually neglected

Total Body Fitness

- A whole-body workout in 40 min! Focuses on core strength, balance and flexibility. No two workout sessions are ever the same.
- Interval training keeps the body moving and the mind engaged.
- Functional training is exciting and will bring long-lasting fitness results.
- Uses props such as bands, stability balls and balance boards to work several muscle groups at once so you get a more productive workout in less time.
- Max 8 people to receive individual attention

Muscle Toning

- Low intensity cardio and modified callisthenic exercises
- Designed to be a Beginner's Boot Camp
- Eases you into a full-body workout
- Great for beginners who want to increase strength and stamina while burning lots of calories